



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 15005, Fish, bluefish, raw

Report Date: June 25, 2017 17:20 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 150g	3.0 oz 85g
Proximates						
Water	g	70.86	3	--	106.29	60.23
Energy	kcal	124	--	--	186	105
Energy	kJ	519	--	--	778	441
Protein	g	20.04	3	--	30.06	17.03
Total lipid (fat)	g	4.24	3	--	6.36	3.60
Ash	g	1.04	3	--	1.56	0.88
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	7	3	--	10	6
Iron, Fe	mg	0.48	6	0.008	0.72	0.41
Magnesium, Mg	mg	33	3	--	50	28
Phosphorus, P	mg	227	3	--	340	193
Potassium, K	mg	372	3	--	558	316
Sodium, Na	mg	60	3	--	90	51
Zinc, Zn	mg	0.81	107	0.036	1.22	0.69
Copper, Cu	mg	0.053	108	0.002	0.080	0.045
Manganese, Mn	mg	0.021	3	--	0.032	0.018
Selenium, Se	µg	36.5	--	--	54.8	31.0
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.058	3	--	0.087	0.049

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 150g	3.0 oz 85g
Riboflavin	mg	0.080	3	--	0.120	0.068
Niacin	mg	5.950	3	--	8.925	5.058
Pantothenic acid	mg	0.828	3	--	1.242	0.704
Vitamin B-6	mg	0.402	3	--	0.603	0.342
Folate, total	µg	2	2	--	3	2
Folic acid	µg	0	--	--	0	0
Folate, food	µg	2	2	--	3	2
Folate, DFE	µg	2	--	--	3	2
Vitamin B-12	µg	5.39	2	--	8.09	4.58
Vitamin A, RAE	µg	120	3	0.000	180	102
Retinol	µg	120	3	0.000	180	102
Vitamin A, IU	IU	398	3	--	597	338
Lipids						
Fatty acids, total saturated	g	0.915	--	--	1.373	0.778
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.179	2	--	0.268	0.152
16:0	g	0.576	2	--	0.864	0.490
18:0	g	0.160	2	--	0.240	0.136
Fatty acids, total monounsaturated	g	1.793	--	--	2.689	1.524
16:1 undifferentiated	g	0.277	2	--	0.416	0.235
18:1 undifferentiated	g	0.684	2	--	1.026	0.581
20:1	g	0.340	2	--	0.510	0.289
22:1 undifferentiated	g	0.492	2	--	0.738	0.418
Fatty acids, total polyunsaturated	g	1.060	--	--	1.590	0.901
18:2 undifferentiated	g	0.060	2	--	0.090	0.051
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.167	2	--	0.251	0.142
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.252	2	--	0.378	0.214

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 150g	3.0 oz 85g
22:5 n-3 (DPA)	g	0.062	2	--	0.093	0.053
22:6 n-3 (DHA)	g	0.519	2	--	0.779	0.441
Cholesterol	mg	59	--	--	88	50
Amino Acids						
Tryptophan	g	0.224	--	--	0.336	0.190
Threonine	g	0.878	--	--	1.317	0.746
Isoleucine	g	0.923	--	--	1.385	0.785
Leucine	g	1.629	--	--	2.443	1.385
Lysine	g	1.840	--	--	2.760	1.564
Methionine	g	0.593	--	--	0.889	0.504
Cystine	g	0.215	--	--	0.323	0.183
Phenylalanine	g	0.782	--	--	1.173	0.665
Tyrosine	g	0.676	--	--	1.014	0.575
Valine	g	1.032	--	--	1.548	0.877
Arginine	g	1.199	--	--	1.799	1.019
Histidine	g	0.590	--	--	0.885	0.501
Alanine	g	1.212	--	--	1.818	1.030
Aspartic acid	g	2.052	--	--	3.078	1.744
Glutamic acid	g	2.991	--	--	4.487	2.542
Glycine	g	0.962	--	--	1.443	0.818
Proline	g	0.709	--	--	1.063	0.603
Serine	g	0.818	--	--	1.227	0.695
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0